

Side | Lunch

Southwest Charred Corn Salad

20 Mins
Prep Time

15-20 Mins
Cook Time

8
Servings

427 Calories **24g** Fat **40g** Carbs **17g** Protein



Ingredients

8 Servings **35-40 Mins Total Time** **Allergens: None**

6 Ears of Corn, husked (wash under cold running water)

2 Tbsp Extra Virgin Olive Oil

¾ Cup Black Beans, drained and rinsed

2 Cups Shredded Rotisserie Chicken

2 Avocados, peeled and diced

⅓ Cup Cilantro, chopped (wash under cold running water)

⅓ Cup Red Onion, diced

Dressing

5 Tbsp Fresh Lime Juice (wash under cold running water before juicing)

3 Tbsp Extra Virgin Olive Oil

Salt and Pepper, to taste

Nourishment Note



Beans

Beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



Chicken

Chicken is a good source of lean protein. Protein needs may be elevated if fighting an active infection.



Avocado

Avocados are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Avocados are also a good source of heart-healthy monounsaturated fats.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Grill Corn

Preheat grill over medium-high heat. Drizzle corn with olive oil and season with salt and pepper. Grill for 15-20 minutes, turning throughout, until kernels begin to char. When complete, cut corn off the cob into a large bowl.

3. Combine Ingredients

To the corn, add the beans, chicken, avocado, cilantro and onions. (Optional: To take the bite off the onions, soak in ice water for 5 minutes before adding to the salad.)

4. Prepare Dressing

In a small bowl, whisk together the dressing ingredients. Pour over salad and toss to combine.

5. Serve and Enjoy

Serve immediately or cover tightly and store in the refrigerator for up to 8 hours. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Grill



Knife



Cutting Board



Colander



Large Bowl



Spoon



Small Bowls (2)



Whisk



Can Opener

Fatigue Buster

Corn Stripper: Instead of cutting the corn off the cob with a knife, try a corn stripping tool.

Make Ahead: Make salad ahead of time and only dice avocados right before you plan to serve.

Corn: Use 2 cups of frozen or canned corn in place of the grilled corn.